

Actions You Can Take

Limit Driving. Consider carpooling or ridesharing options to reduce driving associated with your daily commute. Combine your daily trips into one. Reducing trips not only help the quality of the air we breathe, but also save money on fuel and vehicle maintenance.

Keep Vehicles Maintained. A poorly maintained vehicle can pollute as much as 25 times more than a well maintained one. Get regular oil changes and maintenance service and keep your tires properly inflated.

Don't Top Off Your Tank. When refueling your vehicle, stop pumping the fuel after the first click. When you fill your tank all the way, vapors are forced out into the air. In addition to being bad to breathe into your lungs, vapors are primarily VOCs, one of the main chemicals in the formation of ozone.

Don't Burn. Many local jurisdictions have local ordinances that **prohibit open burning** when air quality is poor. Even if you live in an area where no local ordinance prohibits open burning, please consider not burning during an alert.

Refuel After 7 p.m. Ozone is formed when it is hot and sunny. Refueling your vehicle when the sun is lower in the sky and the temperature has fallen will cause less evaporation of vapors from the fuel into your tank, and the vapors that do get into the air will not be transformed into ozone.

Mow Your Lawn in the Evening. Did you know that running a pre-1998 lawn mower for one hour in the summer creates the same amount of pollution as a car driving from Reno to Seattle? Not mowing your lawn in the middle of the day will reduce polluting chemicals in the air that can react to form ozone. Consider electric models when purchasing new lawn equipment.

For more information, contact:
June Ramsdell, DEQ, 373-0493
Doug Cole, EPA, 378-5764



Treasure the Valley's
Air Partnership



Idaho Department of
Environmental Quality



Environmental
Protection Agency

*Bike it...
...and Reduce
Summertime
Air Pollution*



Benefits of Commuting by Bike

The bicycle is the most economical vehicle because it eliminates:

- expensive gasoline
- parking costs
- car insurance cost

Employees commuting by bike avoid the time and expense of auto maintenance and repair, and help reduce the costs of providing parking spaces. Bicycles are space-efficient; twelve bikes fit into one car parking space.

Driving cars and other motor vehicles create more air pollution than any other human activity. Vehicle exhaust accounts for...

- ✓ 70% of carbon monoxide
- ✓ 40% of nitrogen oxides
- ✓ 30% of VOCs

Bikes waste far fewer materials than cars. It has been estimated that each year over 2 million automobile tires are discarded into landfills. One hundred bicycles can be built with the resources needed to build one automobile.

Health Benefits of Bicycling

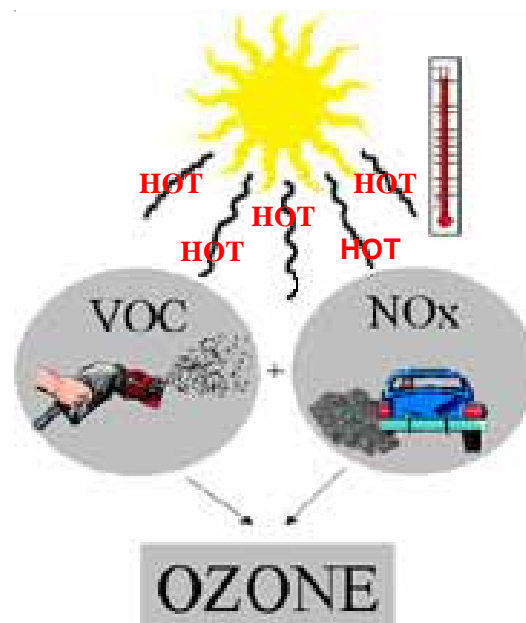
Bicycling is one of the best ways to improve cardiovascular fitness, and is much less stressful on knees and feet than jogging.

Biking to work can contribute to:

- stress reduction
- improved muscle tone and weight loss
- creation of a more positive mental attitude
- improved lung capacity

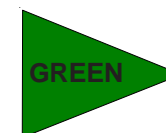
Boise is a bicycle-friendly town, with many dedicated bike lanes and bike paths. Throughout the area, employers encourage bicycle commuting. Talk to your employer about bike commuting today.

Weather Impacts of Air Pollution

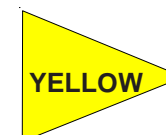


Local Pollution Plan

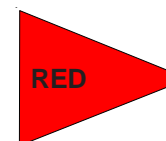
Summertime Pollution Plan



Enjoy the clean air!



Air quality forecast is poor!



Air quality is poor and forecasted to worsen!

To find out the daily forecast visit:

www.deq.state.id.us/air/monitoring/bro_aq1.htm

Health Effects

Ozone in the upper atmosphere protects us from harmful radiation from the sun. Exposure to ground level ozone is different. It can:

- aggravate existing asthma and may cause new cases
- reduce lung capacity
- increase susceptibility to illness
- increase hospitalization for lung and heart ailments